



# *Transition to Secondary School*

MANAGING WORRY AND ANXIETY

KEIR HARDIE

29 APRIL 2022

*Today we will:*

*Share practical resources*

*Explore ways of talking to your child about their anxieties*

*Ideas around managing change*

# *What happens @ Keir Hardie*

*Year 6 Transition  
Programme*

*Learning Mentors  
programme with  
targeted students*

*Work Experience  
speaker*

*School counsellor  
support for  
individual  
students*

*Curriculum  
(PSHCE Change  
and Transition*

*Website*

# Calming apps

Zen Studio

Favourite  
calming  
apps

Smarty  
Pants

# Managing Anxiety

[mindfulness-activities-for-children](#)

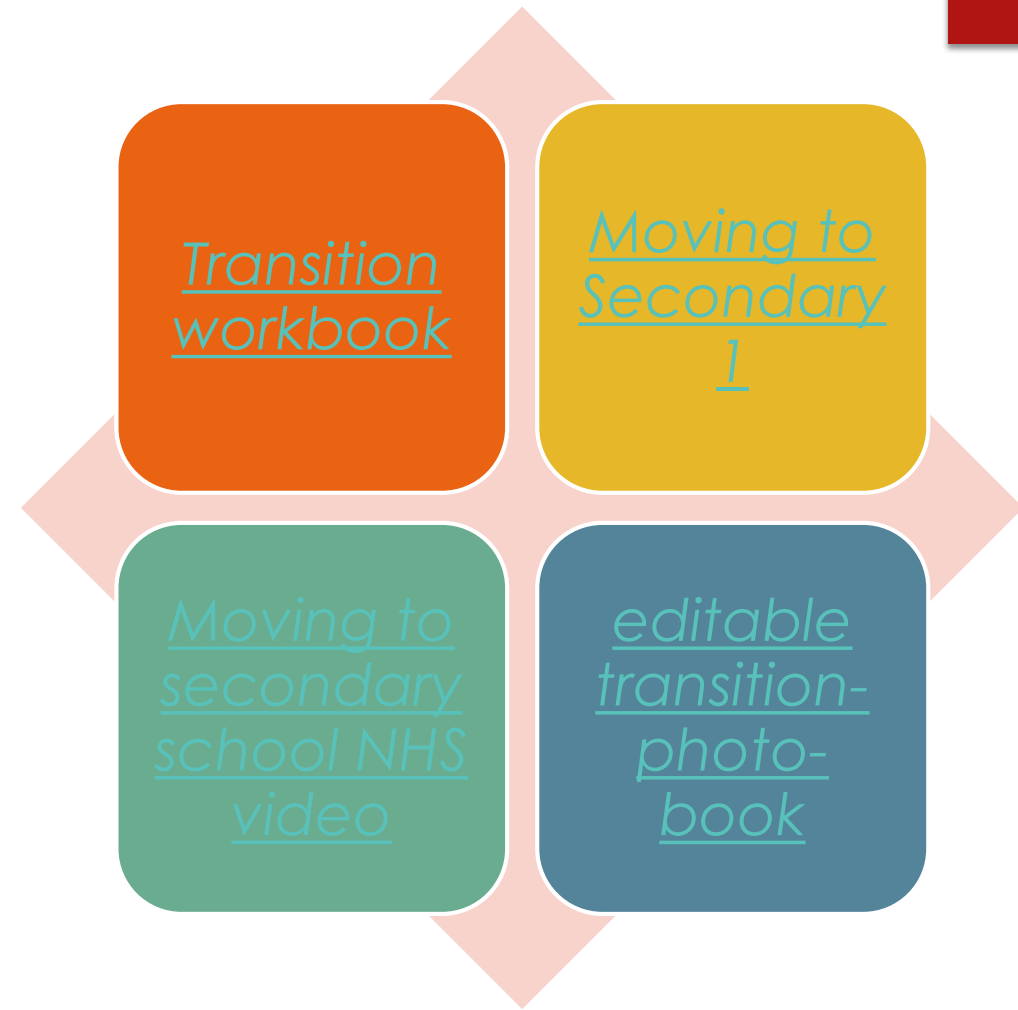
[Anxiety Management KS2](#)

use self soothing strategies

# Talking to your child about things that worry them ...

- ▶ Be prepared to **answer questions calmly and openly**.
- ▶ The young person may need to repeat questions either due to a lack of understanding or anxiety – you will need to **repeat responses with tolerance**.
- ▶ At a certain point **distraction will be needed** rather than risking obsessive focus from the young person. Responses like, 'We can talk about this again later but now let's.....' or 'That's enough talk now, why don't you go and.....' Be prepared to revisit the subject later but always bring it to an end when you judge best.
- ▶ Use **straightforward, simple language** where possible.
- ▶ You will need to find a difficult balance between sharing information without raising the temperature. Remember a feeling of ignorance or being 'kept in the dark' only increases anxiety.
- ▶ Use social stories to help your child understand.
- ▶ The young person may show increased signs of stress without directly wanting to talk about the situation. Use all the methods you normally do to help at these times.

# Transition to secondary





*Any Questions?*